

# HEALTHMATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

**NOVEMBER 2019**

Vol. IX Issue XI

**"We Know Health Matters"**,  
CHD's show on Citicable,  
Time Warner Ch. 23.

### Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to  
share in the newsletter please send  
information to Marla Fuller at  
[marla.fuller@cincinnati-oh.gov](mailto:marla.fuller@cincinnati-oh.gov)

CHD= Cincinnati Health  
Department

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Department

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## 2020 Marketplace Health Insurance Open Enrollment is Open!

Do you need health insurance coverage?  
Now is the time to enroll in a 2020 health  
plan, as open enrollment for health coverage  
through the Affordable Care Act marketplace  
is officially underway. The Health Insurance  
Marketplace Open Enrollment period is shorter  
again this year than previous years and will  
run only through December 15, 2019. This  
year, consumers will only have 45 days to en-  
roll and/or update their current Marketplace  
coverage, instead of the original 90 day peri-  
od.

Open enrollment is the time period each year  
when you're allowed to start, stop or change  
your health insurance plan. Normally, you  
sign up around the end of one calendar year  
for coverage that lasts the next full year.

Currently, ten million Americans have government-sponsored health insurance  
under the measure. Health coverage and the financial support that make insur-  
ance affordable are up against a variety of scrutiny and challenges this year so  
it's important to enroll now so you can get the coverage you need.

While costs for marketplace plans is expected to increase next year, the Trump  
administration is also ending reimbursements for insurance companies required  
to provide low-cost plans. On average, consumers will see an increase of 34%  
for the most popular type of exchange plan.

Consumers should contact the Outreach and Enrollment Team at (513) 564-  
2273 to schedule an appointment at one of CHD's community health centers for  
enrollment assistance. Appointments are available at the following CHD loca-  
tions:

- Ambrose H. Clement Health Center – 3559 Reading Rd, #101, 45229
- Braxton F. Cann Memorial Medical Center – 5818 Madison Rd., 45227
- Citylink Center – 800 Bank St., 45214
- Crest Smile Shoppe – 612 Rockdale Ave., 45229
- Elm Street Health Center- 1525 Elm St., 45202
- Millvale at Hopple Street Health Center – 1750 Beekman St., 45225
- Northside Health Center – 3917 Spring Grove Ave., 45223
- Price Hill Health Center – 2136 W. 8<sup>th</sup> St., 45204
- Walnut Street Health Center – 1005 Walnut St., 45202





CHD is celebrating the successful renovation and expansion of our Braxton F. Cann Dental Center which is off to a great start.

The oral health center is simply remarkable, and we are incredibly grateful for the opportunity to serve more patients. This center will allow us to greatly expand oral health access for the most underserved people in our community.

Appointment slots are filling up and patients are enjoying the convenience of having dental services available in their neighborhood. This beautiful new facility has state-of-the-art dental equipment including five dental chairs. Located at 5818 Madison Road in the Braxton Cann Medical Center, it is equipped to have two dentists and support staff and is open Monday through Thursday 7 a.m. — to 5 p.m. and Friday, 7 a.m. — 1:30 p.m.

Emergency walk-in times are available each weekday at 7a. Appointments are available at 513.263.8711. Medicaid and all Medicaid Managed Care plans are accepted as well and most private insurance. Children and adults are welcome.

## Events & Shout Outs!

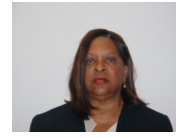
CHD welcomes new hires and transfers for the month of October 2019 and employees retiring effective 11/1/2019.

New Hires (pictured in order):

CCPC/Dental— Amy Fortman, Dental Assistant 10/20/2019

CCPC/Health Centers—Brittany Allen, Nurse Practitioner 10/13/2019; Johnnie Askew, Health Counselor 10/20/2019  
Terra Dennis, Medical Assistant 10/20/2019

CCPC/School and Adolescent Health— Teresa Marschall, Public Health Nurse 2 10/20/2019; Devin Patton, Public Health Nurse 2 10/20/2019



School Based Health Center staff at Academy of World Languages and Oyler School were in the holiday spirit last week in celebration of Halloween.



## World Diabetes Day and World Diabetes Month

The primary aim of the World Diabetes Day and World Diabetes Month 2019 campaign is to raise awareness of the impact that diabetes has on the family and to promote the role of the family in the management, care, prevention and education of the condition.

The WDD 2019 has three main focus areas: **Discover diabetes, Prevent type 2 diabetes, and Manage diabetes.**

More than 30 million Americans have diabetes. Another 84 million US adults have prediabetes, a serious health condition in which blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. A person with prediabetes is at high risk of type 2 diabetes, heart disease, and stroke.

Diabetes also increases the risk of heart disease and stroke and can lead to other serious complications, such as kidney failure, blindness, and amputation of a toe, foot, or leg. People with diabetes spend more on health care, have fewer productive years, and miss more work days compared to people who don't have diabetes. In 2017, the total estimated cost of diagnosed diabetes was \$327 billion, including \$237 billion in direct medical costs and \$90 billion in reduced productivity.

Some people are at higher risk of type 2 diabetes because they:

- Are overweight or have obesity.
- Are age 45 or older.
- Have a parent, brother, or sister with type 2 diabetes.
- Are physically active less than 3 times a week.
- Had gestational diabetes (diabetes during pregnancy) or gave birth to a baby who weighed more than 9 pounds.
- Are African American, Hispanic or Latino, American Indian, Alaska Native, Pacific Islander, or Asian American.



## A Message from the Board of Health



Phil Lichtenstein, MD  
Board Chair

I'd like to extend a warm welcome to our newest Board of Health member, Dr. Surmeet Bedi. Born and raised in India, Dr. Bedi came to the United States after completing medical school. She earned a Bachelor of Medicine and Bachelor of Surgery degree from the Government Medical College & Hospital in Chandigarh, India. She is certified by both the National Board of Physicians and Surgeons, as well as the American Board of Nephrology.



After finishing her residency in Chicago and fellowship at University of Wisconsin Madison, Bedi moved to Cincinnati with her husband, Jay.

The members of the Board of Health enthusiastically congratulate Commissioner Moore on having recently being awarded her Doctorate in Business Administration through North Central University. She has managed to complete her studies and dissertation for this degree over the past two years while simultaneously serving as Health Commissioner first in St. Louis and, for the past year, in Cincinnati. This is a significant, substantive achievement which augments an already impressive resume of professional and academic accomplishments. Congratulations, Dr. (Commissioner) Moore!



## Food safety tips for your Thanksgiving celebration

Did you know that food safety is the most important ingredient in preparing food for the holidays? According to the Center for Disease Control and Prevention (CDC), every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die of foodborne diseases.

People who have consumed dangerous foodborne bacteria will usually feel symptoms within 1 to 3 days of eating the contaminated food. However, sickness can also occur as quickly as 20 minutes or up to 6 weeks later. Although most people will recover from a foodborne illness within a short period of time without medical care, some are not so fortunate. In some cases, foodborne illness can lead to chronic, severe, life-threatening health problems or even death.

This is especially true for people with weak immune systems including the very young, elderly, and people with diseases that weaken the immune system or who are on medicines that suppress the immune system. Pregnant women also need to be careful.

Food poisoning may cause symptoms like diarrhea, vomiting, upset stomach, or nausea. See your doctor if you have:

- High fever (over 101.5°F)
- Blood in stools
- Diarrhea that lasts more than three days
- Frequent vomiting that prevents you from keeping liquid down
- Signs of dehydration (decrease in urination, dry mouth and throat, and feeling dizzy when standing up)

Tips to prevent food poisoning:

**Clean** - Wash your hands and work surfaces often.

**Separate** - Separate raw meat, poultry, seafood, and eggs from ready-to-eat foods in your shopping cart, refrigerator, and meal preparation area.

**Cook** - Cook food to the right internal temperature to kill harmful bacteria. Use a food thermometer.

**Chill** - Keep your refrigerator below 40°F. Refrigerate leftovers within 2 hours of cooking (or within 1 hour if above 90°F outside).







Each November, World Antibiotic Awareness Week (WAAW) aims to increase global awareness of antibiotic resistance and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance.

Since their discovery, antibiotics have served as the cornerstone of modern medicine. However, the persistent overuse and misuse of antibiotics in human and animal health have encouraged the emergence and spread of antibiotic resistance, which occurs when microbes, such as bacteria, become resistant to the drugs used to treat them. Antibiotics are a precious resource, so it is important to get the right advice before taking them. Doing so not only ensures you and your loved ones get the best treatment, but responsible use of antibiotics will also help reduce the threat of antibiotic resistance.

Each year in the United States, at least 2 million people become infected with bacteria that are resistant to antibiotics and at least 23,000 people die as a direct result of these infections. Other conditions that were complicated by an antibiotic-resistant infection also take the lives of many more.

U.S. Antibiotic Awareness Week, slated for November 18 - 24, 2019, is an annual one-week observance to raise awareness of antibiotic resistance and the importance of appropriate antibiotic prescribing and use. This year's theme is *"Seek advice from a qualified healthcare professional before taking antibiotics."*

People do not understand that antibiotics are a precious resource or how challenging it is to develop new variations. The use of antibiotics is the single most important factor leading to antibiotic resistance around the world. Antibiotics are among the most commonly prescribed drugs used in human medicine. However, up to 50% of all the antibiotics prescribed for people are not needed or are not optimally effective as prescribed. Antibiotics are also commonly used for promoting growth in food animals, one type of use that is not necessary.

### Welcome Tonia Smith—Creating Healthy Communities Program Manager

The Healthy Communities program strives to improve health outcomes for Cincinnati residents. Through the Creating Healthy Communities Program, we hope to create sustainable transformations by improving nutrition, increasing physical activity, promoting tobacco cessation and providing chronic disease prevention and education.

Tonia Smith, RS, CHES, TTS is the recently appointed Healthy Communities Program Manager. Ms. Smith has 22+ year as a City employee who started her career with the city as a Clerk Typist at CHD. Following, she served five years with the Cincinnati Police as a Clerk Typist. Another 12 years she worked as a Sanitarian at CHD, and three more years at CHD as a Public Health Educator. After a brief stint at the Cincinnati Recreation Commission as an Environmental Safety Specialist she returned to CHD as Healthy Communities Program Manager very recently.

In role as the new Healthy Communities Program Manager, she is working with a dedicated team on initiatives such as: Active Transportation (increasing access to safe, active transportation in Ohio which includes walking, biking, and taking the bus); Complete streets (ensure that communities support all residents in getting around safely, no matter their age, income, or ability); Healthy food retail; Increase affordable access to healthy food, while strengthening local farms and economies; Cincinnati Tobacco 21 and implementation of a Tobacco Retail License; Smokefree Multi-Unit Housing; Youth Smoking Prevention; Tobacco Cessation; Men's Health and Cribs For Kids program (safe sleep).

Mrs. Smith's vision for the Healthy Communities program (HCP) is based on these guiding principles:

- Activate and engage communities by being a conduit for motivating and driving change, through community engagement and mobilization.
- Increase cross-sector collaboration through expansion of CHD's diverse, multi-sector, 100+ member Creating Healthy Communities Coalition.
- Further improve the ease of access to healthy choices by Cincinnatians by continuing to address barriers, especially for those groups facing the steepest barriers.
- Achieve health equity by investing in individuals and populations disproportionately affected by chronic disease.
- Create sustainable change by leveraging resources, forming partnerships, and building capacity to ensure lasting policy, systems, and environmental change.

So often people with mental illnesses are being cared for by family members or close friends. It can be a complex and complicated relationship that can be challenging - for both the individual dealing with the illness and their caregiver to navigate.

Recovery from a mental illness is not one-size-fits-all and what works for one person might not work for another. Just as recovery looks different for everyone, so do relationships between caregivers and their loved ones with mental illness. You may be a spouse caring for your partner or a young person caring for your parent; caregivers vary across the board in their roles, resources and abilities to support someone in recovery. While no two caregiver relationships are alike, there are some things we know are essential to everyone's recovery.



This November is National Family Caregivers Month and CHD is sharing tools to help caregivers strengthen relationships with their loved ones with mental illness through materials that educate and empower. If you are a caregiver, with the right tools and perspectives you can work together with your loved one as a team to accomplish goals, find a treatment plan that works, and be prepared in the event of a crisis.

It's important for people with mental illnesses to have a voice and be involved in their own recovery. As a caregiver, it is vital to work with your loved one to determine what they want and need - and make sure they are included in any decisions being made. People with mental health conditions are often left out of mainstream activities like employment or education, but they have the right to meaningfully contribute to their community and be respected, just like everyone else. Peer support can help and teach skills so your loved one may keep working towards established goals that help people in recovery stay motivated and hopeful.

By staying educated on the latest treatment options, you can help your loved one make informed decisions about their treatment. Having a plan in place can help you make sure you set your loved one up to thrive throughout the recovery process - and can ensure that their voice is heard in the event of a crisis.

### ***Encourage older adults to be safe with medications***



Whether your family or friends are settling into their sixties or heading into their eighth decade, they should be extra careful when taking prescription and over-the-counter medicines. As someone caring for older individuals, you should help them stay safe.

The older people get, the more likely they are to use additional medicines, which can increase the chance of harmful drug interactions.

And, as we age, body changes can affect the way medicines are absorbed, leading to potential complications. For instance, an older person's liver and kidneys may not work as well, which affects how a drug breaks down and leaves their body. And changes in their digestive system can affect how fast drugs get to their bloodstream.

One in three Americans who use prescription medications is an older adult. Older adults also account for three out of 10 adults who use non-prescription (or over-the-counter) medications. Research has shown that three out of five older adults take their prescriptions improperly, including skipping doses, not filling prescriptions and not following the prescriber's directions. For these reasons, and more, medication safety becomes increasingly important as we age. Possible complications from medication misuse include adverse reactions, depression, confusion, malnutrition, falls, and addiction.

#### **To reduce the risk of harm from adverse drug events in adults:**

- Keep a list of your medicines
- Follow directions
- Take all medicines only as directed
- Ask questions





Darlene Capell has been a city employee for over 31 years. She first started out working at the Police Department – Records Unit when they were located at 222 East Central Pkwy, then was relocated again to Broadway Avenue. While with the Police division she processed moving violations and parking tickets. After two years with the Police Department she was promoted to the Department of Transportation & Engineering (DOTE). There she maintained and handled the division supply orders, project and street files. If you wanted to know how a street received its name she had the information. Ms. Capell also assisted the public with aerial maps for develop plan review.

Ms. Capell spent 15 years with Engineering before she was promoted to the Cincinnati Health Department where she maintained the Medical Records at the Elm Street Health Center. Before Epic software became available, she manually processed patient's records for Supplemental Security Income (SSI), Jobs & Family Services, and other agencies, pulling critical lab reports for doctors' review and covering the desk either for adult medical, OB/GYN, pediatrics and

cashier when a co-worker was absent or at lunch. She now works at the desk outside of the Health Commissioner's Office answering the phones and directing the public who wants to report health issues regarding their home, a restaurant or a place of business or if someone wants to become a patient at one of our Health Centers. She help assists co-workers when locating a phone number for other colleagues and scheduling rooms for meeting at the Burnet location. She also helps out when the Health Centers have their late days to confirm patients' appointments.

### THANK YOU!

The Cincinnati Health Department, in partnership with UC Health, celebrated the new Ambrose H. Clement Health Center, a full-service healthcare facility in the heart of the Avondale neighborhood. This health center is completely operational, providing first-in-class, culturally competent care, within walking distance for local residents.

CHD would like to extend a very special thank you to UC Health and Dr. Richard Lofgren, the UC Health Board and staff, and city leadership staff for their hard work and dedication to this project. Their collaboration made this effort come to fruition.

A big thank you to the Community Builders Team for their diligence on this project, the City of Cincinnati Economic Development team and other city departments that worked under City Manager Duhaney to make this possible.

Congratulations to everyone on a job well done!

**New patients welcome. 3559 Reading Road,  
513-357-7320.**

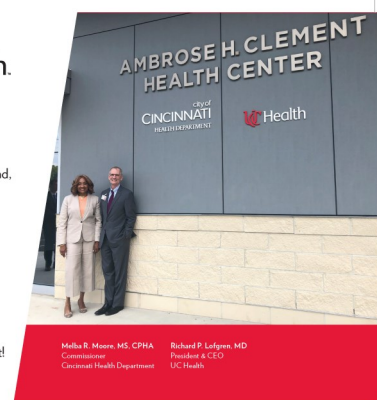


The City of Cincinnati Health Department and UC Health are proud to announce the opening of the Ambrose H. Clement Health Center in the Avondale Town Center located at 3559 Reading Road, Cincinnati, Ohio 45229.

**NOW ACCEPTING NEW PATIENTS  
FOR THE ENTIRE FAMILY:**

- Family Medicine
- Primary Care
- Obstetrics and Gynecology
- Mental Health

Please call 513-357-7320 to schedule your appointment!  
Monday – Friday 8 a.m. – 5 p.m.



### Do you follow CHD on social media?

If not, be sure to like and follow:

Facebook: <https://www.facebook.com/CincinnatiHealthDepartment/>  
Instagram (@cinci\_healthdept): [https://www.instagram.com/cinci\\_healthdept/](https://www.instagram.com/cinci_healthdept/)  
Twitter (@cincihealthdept): <https://twitter.com/cincihealthdept>  
Vimeo (CitiCable): <https://vimeo.com/citicable> & <https://vimeo.com/user7753914>

